



# How to Eat a Cheeseburger 101

*(And, there is a right way.)*

**You don't have to give up your favorite foods to lose weight and have more energy.**

Ever wonder how some people can eat all their favorite foods and not gain weight? Naturally Slim is a ten-week online program that will teach you how. And here's a hint: it doesn't include starving, counting calories or eating diet food. Fermilab is giving you the chance to learn how to eat the foods you love while reducing your risk of developing a serious condition, like diabetes or heart disease — at no cost to you.

**Space is limited.**

**Apply between January 20, 2020 - January 31, 2020.**

**[www.naturallyslim.com/Fermilab](http://www.naturallyslim.com/Fermilab)**

The Naturally Slim program starts February 17, 2020.

Employees, spouses and covered dependents over age 18 on the BCBSIL PPO or High Deductible health plans are eligible to participate in the program.

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 **Fermilab**